

DIABETES EDUCATION PROGRAM

DIABETES STARTER GROUP

A basic diabetes education class, facilitated by both a registered nurse and registered dietitian. Designed to provide information on basic diabetes topics, as well as encourage questions and answers from participants.

For newly diagnosed diabetes or a diabetes education refresher for people with longstanding diabetes.



LOCATION

Brockville
Smiths Falls
Smiths Falls
Brockville

DATE

July 7, 2025
July 11, 2025
August 20, 2025
August 25, 2025

TIME

1:30 – 3:30 pm
9:30 – 11:30 am
9:30 – 11:30 am
1:30 – 3:30 pm

**REGISTER
NOW!**

CALL 613-284-2558



Rideau Community
Health Services